

**2014**

# **Montana School Health Profiles – Trend Report**

A report of school health programs and policy and health education implementation

*May 2015*

*Health Enhancement & Safety Division*



Montana  
**Office of Public Instruction**  
Denise Juneau, State Superintendent

## **MONTANA**

### **2014 School Health Profiles Report**

### **Survey Summary**

The School Health Profiles (Profiles) assists state and local education and health agencies in monitoring and assessing characteristics of school health education; physical education and physical activity; school health policies related to HIV infection/AIDS, tobacco-use prevention, bullying and sexual harassment, and nutrition; health services; school health coordination; and family and community involvement in school health programs. Data from Profiles can be used to improve school health programs.

Two questionnaires are used to collect data – one for school principals and one for lead health education teachers. The two questionnaires were mailed to 289 regular public schools containing any of grades 6 through 12 in Montana during spring 2014. One or both questionnaires were received from 95 percent of eligible sample schools. Usable questionnaires were received from principals in 83 percent of schools and from lead health education teachers in 84 percent of schools. Because the response rates for these surveys were greater than or equal to 70 percent, the results are weighted and are representative of all regular public schools in Montana having at least one of grades 6 through 12.

The Profiles questionnaires were developed by the Division of Adolescent and School Health, National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention, Centers for Disease Control and Prevention in collaboration with representatives of state, local, and territorial departments of health education.

More Montana Profiles information is located at [www.opi.mt.gov/shp](http://www.opi.mt.gov/shp).

Montana School Health Profiles  
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<b>School Health Coordination</b> , percent of schools. . .	<b>2000</b>	<b>2002</b>	<b>2004</b>	<b>2006</b>	<b>2008</b>	<b>2010</b>	<b>2012</b>	<b>2014</b>	<b>Linear Change</b>
That ever used the School Health Index or other self-assessment tool to assess school policies, activities, and programs in the following areas:									
Physical activity					41.2	55.0	48.7	49.8	↑
Nutrition					43.9	56.7	46.9	52.6	↑
Tobacco-use prevention					48.7	58.3	51.8	52.5	
Asthma					19.2	36.5	33.7	36.5	↑
Injury and violence prevention						45.4	41.2	47.7	
With a School Improvement Plan that includes health-related objectives on the following topics:									
Health education						42.2	40.4	42.5	
Health services						32.8	36.1	32.0	
Mental health and social services						35.8	39.0	35.2	
Healthy and safe school environment						59.6	55.0	58.4	
Family and community involvement						56.7	53.1	56.8	
Faculty and staff health promotion						29.9	36.2	35.0	↑
That reviewed health and safety data as part of school's improvement planning process							76.1	81.3	↑
That currently have someone who oversees or coordinates school health and safety programs and activities					94.4	84.7	87.7	84.9	↓
That have one or more groups (e.g., a school health council, committee, or team) that offers guidance on the development of policies or coordinates activities on health topics				61.1	66.6	53.2	46.8	54.0	↓
That have the following groups represented on any school health council, committee, or team:									
School administrators					99.2	91.8	94.1	93.1	↓
Health education teachers					91.8	96.3	95.2	92.9	
Physical education teachers					92.0	94.4	93.6	92.9	
Other classroom teachers							75.4	69.8	↓
Mental health or social services staff (e.g., school counselors)					34.4	38.2	65.7	67.1	↑
Nutrition or food service staff					74.1	70.5	69.5	59.2	↓
Health services staff (e.g., school nurse)					49.0	54.0	53.4	45.9	

**Trend Analysis Report**  
**Principal Survey**

**School Health Coordination**, percent of schools. . .

	2000	2002	2004	2006	2008	2010	2012	2014	Linear Change
That have the following groups represented on any school health council, committee, or team: (continued)									
Maintenance and transportation staff					22.5	32.2	24.6	24.9	
Technology staff						31.5	19.2	23.4	↓
Library/media center staff						24.6	19.2	15.8	↓
Student body					32.2	48.5	48.3	45.0	↑
Parents or families of students					55.9	65.3	55.2	60.5	
Community members					48.8	63.7	54.5	56.5	↑
Local health departments, agencies, or organizations					31.6	49.2	43.0	43.2	↑
Faith-based organizations					6.6	11.3	9.0	7.1	
Businesses					12.3	22.6	16.0	17.4	
Local government agencies					7.7	28.1	17.3	23.9	↑
That have a school health council, committee, or team that did any of the following activities during the past year:									
Identified student health needs based on a review of relevant data (e.g., Youth Risk Behavior Survey)							55.9	62.7	↑
Recommended new or revised health and safety policies and activities to school administrators or the school improvement team							67.2	66.1	
Sought funding or leveraged resources to support health and safety priorities for students and staff							53.8	52.6	
Communicated the importance of health and safety policies and activities to district administrators, school administrators, parent-teacher groups, or community members							75.0	75.3	
Reviewed health-related curricula or instructional materials							75.8	70.7	↓

**Trend Analysis Report**  
Principal Survey

<b>HIV Prevention and Sexual Orientation</b> , percent of schools. . .	<b>2000</b>	<b>2002</b>	<b>2004</b>	<b>2006</b>	<b>2008</b>	<b>2010</b>	<b>2012</b>	<b>2014</b>	<b>Linear Change</b>
That have adopted a policy that addresses the following issues:									
Attendance of students with HIV infection					62.8	62.0	62.3	73.4	↑
Procedures to protect HIV-infected students and staff from discrimination					67.0	67.1	70.7	77.9	↑
Maintaining confidentiality of HIV-infected students and staff					69.8	77.6	74.9	79.8	↑
That have a student-led club that aims to create a safe, welcoming, and accepting school environment for all youth, regardless of sexual orientation or gender identity					13.4	23.4	19.8	16.4	
That engage in the following LGBTQ youth-related practices:									
Identify “safe spaces” where LGBTQ youth can receive support from administrators, teachers or other school staff						42.1	40.6	51.2	↑
Prohibit harassment based on a student’s perceived or actual sexual orientation or gender identity						86.2	83.3	85.2	
Encourage staff to attend professional development on safe and supportive school environments for all students regardless of sexual orientation or gender identity						56.5	55.6	60.6	
Facilitate access to providers not on school property who have experience in providing health services, including HIV/STD testing and counseling, to LGBTQ youth						37.8	44.4	46.5	↑
Facilitate access to providers not on school property who have experience in providing social and psychological services to LGBTQ youth						41.3	42.3	45.4	

**Trend Analysis Report**  
**Principal Survey**

**Required Physical Education**, percent of schools. . .

	2000	2002	2004	2006	2008	2010	2012	2014	Linear Change
That taught required physical education in the following grades:									
6 <sup>th</sup> grade			98.3	96.0	100.0	98.6	100.0	100.0	↑
7 <sup>th</sup> grade			99.5	96.1	99.3	99.4	100.0	100.0	↑
8 <sup>th</sup> grade			99.5	97.8	99.3	99.4	100.0	100.0	↑
9 <sup>th</sup> grade			99.5	100.0	98.7	98.5	99.3	99.2	↓
10 <sup>th</sup> grade			96.1	95.7	96.1	98.5	95.4	94.8	
11 <sup>th</sup> grade			12.1	13.0	14.5	18.1	18.9	15.7	↑
12 <sup>th</sup> grade			12.1	11.7	13.8	18.1	18.9	14.8	↑

**Trend Analysis Report**  
**Principal Survey**

**Physical Education and Physical Activity**, percent of schools. . .

	2000	2002	2004	2006	2008	2010	2012	2014	Linear Change
In which those who teach physical education are provided with the following materials:									
Goals, objectives, and expected outcomes for physical education					96.7	95.5	95.0	93.1	↓
A chart describing the annual scope and sequence of instruction for physical education					79.3	81.5	74.3	72.5	↓
Plans for how to assess student performance in physical education					73.4	76.7	74.7	78.9	↑
A written physical education curriculum					95.4	90.7	90.3	87.5	↓
In which students participate in physical activity breaks in classrooms during the school day outside of physical education							38.5	39.6	
That offer opportunities for all students to participate in intramural sports programs or physical activity clubs					68.5	61.1	53.8	61.2	↓
That offer interscholastic sports to students							93.4	91.7	↓
That have a joint use agreement for shared use of school or community physical activity facilities							54.5	61.7	↑

**Trend Analysis Report**  
**Principal Survey**

<b>Tobacco-Use Prevention Policies</b> , percent of schools. . .	<b>2000</b>	<b>2002</b>	<b>2004</b>	<b>2006</b>	<b>2008</b>	<b>2010</b>	<b>2012</b>	<b>2014</b>	<b>Linear Change</b>
That have adopted a policy prohibiting tobacco use		100.0	99.4	100.0	100.0	98.4	99.2	100.0	↓
That prohibit tobacco use by students, staff, and visitors in school buildings, at school functions, in school vehicles, on school grounds, and at off-site school events, applicable 24 hours a day and seven days a week		28.7	30.4	53.8	54.9	50.3	61.1	60.3	↑
That post signs marking a tobacco free school zone, that is, a specified distance from school grounds where tobacco use is not allowed				93.2	90.9	92.2	92.7	92.5	
That provide tobacco cessation services for faculty and staff					18.1	20.1	11.2	16.0	↓
That provide tobacco cessation services for students					32.9	28.9	27.0	29.5	↓
That have arrangements with any organizations or health care professionals not on school property to provide tobacco cessation services for faculty and staff					24.1	20.3	21.5	31.6	↑
That have arrangements with any organizations or health care professionals not on school property to provide tobacco cessation services for students					36.3	33.5	36.1	42.3	↑
That provide tobacco cessation services for faculty, staff, and students at school or through arrangements with providers not on school property					27.6	25.7	25.3	29.7	

**Trend Analysis Report**  
**Principal Survey**

<b>Nutrition-Related Policies and Practices</b> , percent of schools. . .	<b>2000</b>	<b>2002</b>	<b>2004</b>	<b>2006</b>	<b>2008</b>	<b>2010</b>	<b>2012</b>	<b>2014</b>	<b>Linear Change</b>
That always or almost always offer fruits or non-fried vegetables at school celebrations when foods or beverages are offered					23.9	29.6	29.2	34.7	↑
In which students can purchase snack foods or beverages from one or more vending machines at the school or at a school store, canteen, or snack bar		87.7	88.8	87.3	80.5	79.1	82.4	80.0	↓

**Trend Analysis Report**  
Principal Survey

<b>Nutrition-Related Policies and Practices</b> , percent of schools. . .	<b>2000</b>	<b>2002</b>	<b>2004</b>	<b>2006</b>	<b>2008</b>	<b>2010</b>	<b>2012</b>	<b>2014</b>	<b>Linear Change</b>
In which students can purchase the following snack foods or beverages from one or more vending machines at the school or at a school store, canteen, or snack bar:									
Chocolate candy		56.9	53.3	52.2	36.2	36.8	39.9	38.4	↓
Other kinds of candy		59.5	54.9	55.2	38.4	41.1	44.6	43.2	↓
Salty snacks that are not low in fat (e.g., regular potato chips)		52.7	47.4	49.9	35.4	33.7	37.5	36.3	↓
Cookies, crackers, cakes, pastries, or other baked goods that are now low in fat					38.0	45.3	46.0	36.4	
Ice cream or frozen yogurt that is not low in fat					9.8	12.8	8.6	4.5	↓
2% or whole milk (plain or flavored)				23.9	27.0	28.8	20.8	16.2	↓
Water ices or frozen slushes that do not contain juice					14.2	12.9	11.6	11.1	↓
Soda pop or fruit drinks that are not 100% juice				71.3	46.5	43.1	50.5	44.6	↓
Sports drinks (e.g., Gatorade)				85.3	75.5	71.4	73.8	65.9	↓
Foods or beverages containing caffeine					40.0	42.8	43.3	37.2	
Fruits (not fruit juice)					21.0	27.7	31.1	24.7	↑
Non-fried vegetables (not vegetable juice)					12.4	11.7	16.8	14.0	↑
That have done any of the following during the current school year:									
Priced nutritious foods and beverages at a lower cost while increasing the price of less nutrition foods and beverages					10.6	7.5	9.4	9.0	
Collected suggestions from students, families, and school staff on nutritious food preferences and strategies to promote healthy eating					55.6	50.9	45.5	42.1	↓
Provided information to students or families on the nutrition and caloric content of foods available					47.6	33.1	39.6	52.4	↑
Conducted taste tests to determine food preferences for nutritious items					6.1	12.3	16.4	18.9	↑
Provided opportunities for students to visit the cafeteria to learn about food safety, food preparation, or other nutrition-related topics					19.1	23.9	26.3	30.1	↑
Served locally or regionally grown foods in the cafeteria or classrooms							50.7	58.9	↑
Planted a school food or vegetable garden							21.5	24.7	↑
Placed fruits and vegetables near the cafeteria cashier, where they are easy to access							51.9	61.9	↑
Used attractive displays for fruits and vegetables in the cafeteria							57.7	65.7	↑
Offered a self-serve salad bar to students							70.0	75.3	↑
Labeled healthful foods with appealing names (e.g., crunchy carrots)							21.2	29.3	↑



**Trend Analysis Report**  
**Principal Survey**

<b>Nutrition-Related Policies and Practices</b> , percent of schools. . .	<b>2000</b>	<b>2002</b>	<b>2004</b>	<b>2006</b>	<b>2008</b>	<b>2010</b>	<b>2012</b>	<b>2014</b>	<b>Linear Change</b>
That prohibit advertisements for candy, fast food restaurants, or soft drinks in the following locations:									
In school buildings					51.1	51.9	49.7	56.3	↓
On school grounds including on the outside of the school building, on playing fields, or other areas of the campus					45.3	47.0	43.2	45.5	
On school buses or other vehicles used to transport students					70.9	63.7	59.7	61.6	↓
In school publications (e.g., newsletters, newspapers, web sites, or other school publications)					55.2	56.2	49.3	51.6	↓
That permit students to have a drinking water bottle with them during the school day							98.1	96.8	↓
That did not sell less nutritious foods and beverages (including sports drinks) anywhere outside the school food service program					21.1	25.8	19.8	24.8	↓
That always offered fruits or non-fried vegetables in vending machines or school stores, and during celebrations when foods and beverages are offered					5.5	5.6	10.0	6.8	
That used at least three different strategies to promote healthy eating					17.5	19.6	21.4	24.7	↑

**Trend Analysis Report**  
**Principal Survey**

<b>Health Services</b> , percent of schools. . .	<b>2000</b>	<b>2002</b>	<b>2004</b>	<b>2006</b>	<b>2008</b>	<b>2010</b>	<b>2012</b>	<b>2014</b>	<b>Linear Change</b>
That have a full-time registered nurse who provides health services to students					16.2	11.9	14.9	15.2	
That provide the following services to students:									
HIV testing							5.5	0.4	↓
Pregnancy testing							3.8	2.9	
Provision of condoms							2.6	1.3	↓
Provision of contraceptives other than condoms							2.3	0.4	↓
Prenatal care							3.7	3.8	↓
Human papillomavirus (HPV) vaccine administration							5.7	4.9	

**Trend Analysis Report**  
**Principal Survey**

**Health Services**, percent of schools. . .

	2000	2002	2004	2006	2008	2010	2012	2014	Linear Change
That provide students with referrals to any organizations or health care professionals not on school property for the following services:									
HIV testing							44.6	46.4	
Pregnancy testing							45.6	51.2	↑
Provision of condoms							33.5	39.6	↑
Provision of contraceptives other than condoms							35.4	40.1	↑
Prenatal care							43.5	47.8	↑
Human papillomavirus (HPV) vaccine administration							40.1	43.9	↑

**Trend Analysis Report**

**Health Education Teacher Survey**

**Required Health Education**, percent of schools. . .

	2000	2002	2004	2006	2008	2010	2012	2014	Linear Change
In which students take only one required health education course	19.5	15.1	11.9	15.5	11.7	7.0	9.8	7.5	↓
In which students take two or more required health education courses	63.5	75.4	72.5	79.3	86.1	92.4	89.4	90.7	↑
That taught a required health education course in the following grades:									
6 <sup>th</sup> grade	53.1	59.3	54.0	71.1	75.1	70.7	85.7	72.7	↑
7 <sup>th</sup> grade	70.0	83.5	72.9	85.9	91.2	91.2	92.8	91.3	↑
8 <sup>th</sup> grade	69.2	83.0	74.1	88.1	90.7	91.0	96.2	92.5	↑
9 <sup>th</sup> grade	68.7	79.3	72.5	86.1	90.8	95.6	92.9	89.4	↑
10 <sup>th</sup> grade	69.0	78.5	68.8	82.4	87.3	92.2	85.1	81.8	↑
11 <sup>th</sup> grade	7.4	7.1	8.1	8.6	5.5	6.0	8.0	9.1	
12 <sup>th</sup> grade	6.0	5.7	6.5	7.3	4.8	3.8	3.4	4.6	↓
That required students who failed a health education course to repeat it			63.8	63.5	66.1	69.8	62.0	63.3	

**Trend Analysis Report**
**Health Education Teacher Survey**

<b>Required Health Education</b> , percent of schools. . .	<b>2000</b>	<b>2002</b>	<b>2004</b>	<b>2006</b>	<b>2008</b>	<b>2010</b>	<b>2012</b>	<b>2014</b>	<b>Linear Change</b>
In which those who teach health education are provided with the following materials:									
Goals, objectives, and expected outcomes for health education					94.4	86.4	87.1	88.1	↓
A chart describing the annual scope and sequence of instruction for health education					64.7	65.9	57.2	61.5	↓
Plans for how to assess student performance in health education					69.8	66.5	59.7	66.7	↓
A written health education curriculum					86.6	84.8	81.7	82.2	↓
In which the health education curriculum addresses the following skills:									
Comprehending concepts related to health promotion and disease prevention to enhance health					98.2	97.6	93.2	97.4	↓
Analyzing the influence of family, peers, culture, media, technology, and other factors on health behaviors					96.2	95.6	94.0	95.6	
Accessing valid information and products and services to enhance health					90.1	88.6	86.4	92.1	
Using interpersonal communication skills to enhance health and avoid or reduce health risks					93.6	93.3	89.7	96.1	
Using decision-making skills to enhance health					93.7	98.5	96.6	97.9	↑
Practicing health-enhancing behaviors to avoid or reduce risks					96.6	97.5	96.6	97.0	
Advocating for personal, family, and community health					89.9	92.0	87.3	92.0	
In which health education instruction is required in any of grades 6 through 12						98.4	97.9	97.1	

**Trend Analysis Report**
**Health Education Teacher Survey**
**Required Health Education**, percent of schools. . .

	2000	2002	2004	2006	2008	2010	2012	2014	Linear Change
In which teachers tried to increase student knowledge on the following topics in a required course in any of grades 6 through 12 during the current school year:									
Alcohol- or other drug-use prevention					99.6	99.1	97.4	98.9	↓
Asthma					45.8	60.6	50.5	62.8	↑
Emotional and mental health					95.2	90.3	94.5	94.6	
Foodborne illness prevention					75.8	77.7	77.0	77.7	
Human immunodeficiency virus (HIV) prevention					93.3	90.0	91.1	90.2	↓
Human sexuality					86.0	85.0	88.6	84.0	
Infectious disease prevention (e.g., flu)							91.3	94.7	↑
Injury prevention and safety					92.6	91.9	93.4	96.3	↑
Nutrition and dietary behavior					97.8	99.5	99.6	97.8	
Physical activity and fitness					100.0	99.6	100.0	100.0	↑
Pregnancy prevention					78.9	82.3	85.1	81.8	↑
Sexually transmitted disease (STD) prevention					88.0	88.1	89.0	89.3	
Suicide prevention					74.7	76.8	82.2	80.1	↑
Tobacco-use prevention					99.6	98.2	98.4	97.8	↓
Violence prevention (e.g., bullying, fighting, or dating violence prevention)					93.6	90.2	96.2	96.8	↑

**Trend Analysis Report**
**Health Education Teacher Survey**
**Tobacco-Use Prevention**, percent of schools. . .

	2000	2002	2004	2006	2008	2010	2012	2014	Linear Change
In which teachers taught the following tobacco-use prevention topics in a required course for students in any of grades 6 through 12 during the current year:									
Identifying tobacco products and the harmful substances they contain					95.7	95.1	93.6	93.3	↓
Identifying short- and long-term health consequences of tobacco use					95.8	97.2	96.6	94.9	
Identifying social, economic, and cosmetic consequences of tobacco use					89.8	93.2	91.9	91.8	
Understanding the addictive nature of nicotine					95.1	94.6	94.0	94.9	
Effects of tobacco use on athletic performance					87.4	91.4	90.4	92.4	↑
Effects of second-hand smoke and benefits of a smoke-free environment					93.5	96.6	90.2	93.2	↓
Understanding the social influences on tobacco use, including media, family, peers and culture					93.0	94.3	94.4	94.4	
Identifying reasons why students do and do not use tobacco					91.1	93.1	91.9	92.9	
Making accurate assessments of how many peers use tobacco					68.5	76.3	75.4	75.9	↑
Using interpersonal communication skills to avoid tobacco use (e.g., refusal skills, assertiveness)					84.4	90.7	88.9	90.0	↑
Using goal-setting and decision-making skills related to not using tobacco					82.7	86.5	83.5	86.1	
Finding valid information and services related to tobacco-use prevention and cessation					78.7	82.6	79.2	84.1	↑
Supporting others who abstain from or want to quit using tobacco					75.8	78.8	80.8	88.0	↑
Identifying harmful effects of tobacco use on fetal development					83.0	85.8	81.4	85.5	

Trend Analysis Report Health Education Teacher Survey										
	2008		2010		2012		2014		Linear Change	
HIV, STD, or Pregnancy Prevention, percent of schools. . .	Middle School	High School	Middle School	High School	Middle School	High School	Middle School	High School	Middle School	High School
In which teachers taught the following topics in a required health education course:										
How HIV and other STDs are transmitted	83.0	NA	77.0	91.3	76.3	96.6	74.5	91.8	↓	
Health consequences of HIV, other STDs, and pregnancy	82.7		74.0	91.4	71.9	93.2	74.2	90.2	↓	
The benefits of being sexually abstinent	80.1	89.7	77.2	91.4	76.3	94.8	79.1	91.6		
How to access valid and reliable health information, products, and services related to HIV, other STDs, and pregnancy	71.9	85.3	60.5	82.1	65.9	87.8	62.7	87.5	↓	
Communication and negotiation skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy	72.6	82.3	62.7	82.8	66.6	85.6	67.8	87.7		↑
Goal-setting and decision-making skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy	67.8	77.5	63.3	79.7	69.0	86.0	70.4	83.6		↑
Efficacy of condoms, that is, how well condoms work and do not work	NA	71.2	43.8	73.3	45.5	80.8	32.8	70.5	↓	
The importance of using condoms consistently and correctly		62.3	35.8	64.1	38.7	73.2	33.7	63.8		
How to obtain condoms		52.2	17.8	56.3	22.2	52.9	20.2	60.1		↑
How to correctly use a condom			11.3	44.0	11.1	40.8	15.7	50.1		↑
The importance of using a condom at the same time as another form of contraception to prevent both STDs and pregnancy					31.8	63.2	34.5	65.5		
How to create and sustain healthy and respectful relationships					67.1	81.6	78.8	92.3	↑	↑

**Trend Analysis Report**
**Health Education Teacher Survey**
**Nutrition Education**, percent of schools. . .

	2000	2002	2004	2006	2008	2010	2012	2014	Linear Change
In which teachers taught the following nutrition and dietary behavior topics in a required health education course for students in any of grades 6 through 12 during the current year:									
Benefits of healthy eating					96.1	97.5	99.2	97.3	↑
Using food labels					91.2	96.2	95.5	91.4	
Balancing food intake and physical activity					95.7	96.7	97.9	96.5	
Eating more fruits, vegetables, and whole grain products					96.2	97.6	99.2	95.6	
Choosing foods and snacks that are low in solid fat (i.e., saturated and trans fat)					94.5	96.1	96.6	94.4	
Food safety					84.2	82.8	89.0	87.8	↑
Preparing healthy meals and snacks					90.0	86.3	94.8	90.2	↑
Risks of unhealthy weight control practices					93.7	93.2	93.8	94.5	
Accepting body size differences					90.6	86.5	94.8	91.0	↑
Signs, symptoms, and treatment for eating disorders					91.5	87.0	91.1	89.1	

**Trend Analysis Report**
**Health Education Teacher Survey**
**Physical Activity Education**, percent of schools. . .

	2000	2002	2004	2006	2008	2010	2012	2014	Linear Change
In which teachers taught the following physical activity topics in a required health education course for students in any of grades 6 through 12 during the current year:									
Health-related fitness (i.e., cardiorespiratory endurance, muscular endurance, muscular strength, flexibility, and body composition)					97.8	98.2	98.3	97.4	
Phases of a workout (i.e., warm-up, workout, cool down)					97.6	97.6	98.7	96.0	
Decreasing sedentary activities (e.g., television viewing)					88.6	94.9	93.1	96.6	↑
Preventing injury during physical activity					96.1	93.3	97.9	97.4	↑
Weather-related safety (e.g., avoiding heat stroke, hypothermia, sunburn, etc.)					85.3	81.6	88.5	90.8	↑
Dangers of using performance-enhancing drugs (e.g., steroids)					88.8	87.9	85.8	87.6	

**Trend Analysis Report**
**Health Education Teacher Survey**
**Physical Activity Education**, percent of schools. . .

	2000	2002	2004	2006	2008	2010	2012	2014	Linear Change
In which teachers taught the following physical activity topics in a required health education course for students in any of grades 6 through 12 during the current year:									
Health-related fitness (i.e., cardiorespiratory endurance, muscular endurance, muscular strength, flexibility, and body composition)					97.8	98.2	98.3	97.4	
Phases of a workout (i.e., warm-up, workout, cool down)					97.6	97.6	98.7	96.0	
Decreasing sedentary activities (e.g., television viewing)					88.6	94.9	93.1	96.6	↑
Preventing injury during physical activity					96.1	93.3	97.9	97.4	↑
Weather-related safety (e.g., avoiding heat stroke, hypothermia, sunburn, etc.)					85.3	81.6	88.5	90.8	↑
Dangers of using performance-enhancing drugs (e.g., steroids)					88.8	87.9	85.8	87.6	

**Trend Analysis Report**
**Health Education Teacher Survey**
**Collaboration**, percent of schools. . .

	2000	2002	2004	2006	2008	2010	2012	2014	Linear Change
In which health education staff worked with the following groups on health education activities during the current year:									
Physical education staff	82.8	86.1	81.9	85.4	88.5	82.7	81.7	85.9	
Health services staff (e.g., nurses)	49.2	55.1	55.9	56.8	53.7	62.8	60.7	54.6	↑
Mental health or social services staff (e.g., psychologists, counselors and social workers)	51.3	52.9	58.7	64.6	61.1	68.7	64.0	63.4	↑
Nutrition or food service staff	18.2	26.1	28.4	39.4	42.1	36.3	43.4	41.4	↑
School health council, committee, or team						35.8	34.1	34.5	



# Trend Analysis Report

## Health Education Teacher Survey

### Collaboration, percent of schools. . .

	2000	2002	2004	2006	2008	2010	2012	2014	Linear Change
That provided parents and families with health information designed to increase parent and family knowledge of the following topics during the current school year:									
HIV prevention, STD prevention, or teen pregnancy prevention					27.9	22.8	20.2	18.3	↓
Tobacco-use prevention					46.2	37.0	33.6	30.1	↓
Physical activity					46.8	42.2	38.6	41.4	↓
Nutrition and healthy eating					41.0	43.0	40.0	40.5	
Asthma					17.2	17.7	15.3	16.2	

# Trend Analysis Report

## Health Education Teacher Survey

	2008		2010		2012		2014		Linear Change	
Professional Development, percent of schools. . .	Received PD	Would like PD	Received PD	Would like PD	Received PD	Would like PD	Received PD	Would like PD	Received PD	Would like PD
In which the lead health education teacher received PD on the following topics during the past two years or would like to receive PD on the topic.										
Alcohol- or other drug-use prevention	52.0	78.5	40.8	70.2	44.8	74.3	34.6	68.4	↓	↓
Asthma	14.5	69.3	19.8	58.6	23.6	61.0	17.9	50.6	↑	↓
Emotional and mental health	34.1	75.7	32.2	65.6	31.9	67.2	32.0	65.5	↑	
Foodborne illness prevention	18.0	54.5	19.9	46.8	20.5	48.0	14.0	47.2	↓	↓
HIV prevention	36.9	72.0	39.4	66.3	46.4	63.8	33.8	63.3	↓	
Human sexuality	29.7	72.8	29.8	65.5	36.2	62.7	26.8	64.8		↓
Infectious disease prevention (e.g., flu)					43.7	55.6	31.2	54.0	↓	
Injury prevention and safety	52.8	67.0	51.2	62.8	50.7	61.1	37.0	56.0	↓	↓
Nutrition and dietary behavior	41.8	78.7	32.6	76.5	36.3	69.8	30.2	73.2		↓
Physical activity and fitness	58.4	75.5	56.4	74.2	52.7	70.2	47.1	67.0		↓

Trend Analysis Report Health Education Teacher Survey											
-continued	2008		2010		2012		2014		Linear Change		
Professional Development, percent of schools. . .	Received PD	Would like PD	Received PD	Would like PD	Received PD	Would like PD	Received PD	Would like PD	Received PD	Would like PD	
In which the lead health education teacher received PD on the following topics during the past two years or would like to receive PD on the topic.											
Pregnancy prevention	20.3	64.6	28.5	58.1	26.0	65.0	24.7	55.4			
STD prevention	29.7	71.4	33.9	62.6	37.3	63.2	29.1	63.4	↓		
Suicide prevention	32.2	80.3	38.9	70.3	35.4	75.5	32.7	72.1	↑		↓
Tobacco-use prevention	42.5	66.4	33.2	61.3	34.7	66.2	27.3	66.2	↓		↑
Violence prevention (e.g., bullying, fighting, or dating violence prevention)	53.3	77.4	52.6	75.0	65.3	76.6	51.0	74.0	↑		
Teaching students with physical, medical, or cognitive disabilities	31.7	60.4	23.0	57.1	27.5	61.1	30.9	63.4	↓		
Teaching students of various cultural backgrounds	38.2	47.2	33.0	44.4	39.5	45.9	30.3	49.2	↑		↑
Teaching students with limited English proficiency	10.6	35.4	8.2	31.6	9.0	33.3	7.0	42.3	↓		↑
Teaching students of different sexual orientations or gender identities			8.1	43.9	9.0	52.6	5.3	52.4	↓		↑
Using interactive teaching methods (e.g., role plays or cooperative group activities)	39.9	66.5	49.3	65.4	51.4	59.0	46.3	60.0			↓
Encouraging family or community involvement	32.7	70.3	32.8	65.6	31.2	66.4	30.4	63.0			↓
Teaching skills for behavior change	47.0	75.2	38.3	76.4	44.3	70.4	33.9	72.7	↓		↓
Classroom management techniques (e.g., social skills training, environmental modification, conflict resolution and mediation, and behavior management)	52.2	68.0	50.8	70.2	56.7	64.6	52.2	62.2			↓
Assessing or evaluating students in health education	30.5	79.7	28.2	72.3	28.2	72.9	25.5	73.2	↓		

# Trend Analysis Report

## Health Education Teacher Survey

### Professional Preparation, percent of schools. . .

	2000	2002	2004	2006	2008	2010	2012	2014	Linear Change
In which the major emphasis of the lead health education teacher's professional preparation was on the following:									
Health and physical education combined	58.2	63.8	70.7	64.2	70.1	69.6	77.7	72.5	↑
Health education	2.7	1.8	1.1	1.2	0.9	2.7	3.2	3.0	↑
Physical education	14.9	10.7	10.3	10.5	9.8	11.0	9.5	9.0	↓
Other education degree	14.9	14.6	11.8	18.6	13.0	11.8	7.1	9.4	↓
Kinesiology, exercise science, exercise physiology; home economics or family and consumer science; biology or other science	4.6	4.9	2.5	3.6	2.9	2.7	2.1	4.4	↓
Nursing or counseling	0.8	2.5	0.8	0.5	0.4	0.5	0.0	0.0	↓
Public health, nutrition, or other	3.9	1.7	2.9	1.3	2.9	1.7	0.4	1.8	↑
In which the lead health education teacher was certified, licensed, or endorsed by the state to teach health education in middle school or high school				90.8	95.5	94.0	96.7	97.2	↑
In which the lead health education teacher had the following number of years of experience in teaching health education courses or topics:									
1 year	13.3	8.4	6.0	6.1	4.2	4.9	4.5	9.5	↓
2 to 5 years	23.4	21.7	25.7	20.2	23.8	20.5	20.2	18.8	↓
6 to 9 years	16.8	17.0	14.6	17.5	16.7	17.5	14.6	15.4	↓
10 to 14 years	14.4	14.6	16.9	18.3	21.5	16.7	19.9	13.7	↑
15 years or more	32.2	38.3	36.8	37.9	33.8	40.5	40.7	42.6	↑

*The Montana School Health Profiles is conducted by the Montana Office of Public Instruction through cooperative agreement U87PS004124 with the U.S. Centers for Disease Control and Prevention.*